



LEARNING HOW TO SUBMERGE

BUBBLE BOAT RACE

Appropriate Age: 12 months to 12 years

Appropriate Skill Level: Beginners

Supplies Needed: Straw, water, toy boat that floats, plastic bin

Activity Description: Have each child use a drinking straws to practice blowing air into the water. Once they are comfortable blowing bubbles into the water with their straws, let the games begin! Place the boat in the water and have each child blow bubbles into the water to push the boat to the finish line.

Progressions: Once a child is able to blow bubbles on the surface of the water with straws, have them practice without the straws. Once they are comfortable with this step, have them place their mouth into the water while they blow bubbles.

TALK TO THE FISHES

Appropriate Age: 3 years to Adult

Appropriate Skill Level: Beginners to

Supplies Needed: Straw, water, toy boat that floats, plastic bin

Activity Description: Ask the child if they have ever seen a fish under the water. Ask if they have ever talked to a fish and what it would be like if they tried. Have each child go underwater and pretend to talk to a fish.

Progressions: Once the child is able to successfully submerge under the water with out inhaling or drinking the water. Encourage them to hum under the water. Once they are comfortable with humming have them practice blowing bubbles.

To help prevent drownings in our community,
encourage others to take the WATER WATCHER Pledge.
TUCSONYMCA.ORG/WATERWATCHER